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They form the core structural fats in the body, comprising 75-80% of fatty acids in most cells, and theyâ€™re the primary storage form of energy for humans. In other words, when the body stores excess energy from food for later use, it stores it primarily as long-chain saturated fat.

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Nourishing body and spirit: exploring British Muslim mothers’ constructions and experiences of breastfeeding Iain Richard Williamson BA MSc PhD C Psychol Senior Lecturer and Programme Leader for the MSc in Health Psychology, De Montfort University, Leicester, UK Saiya Mahomed Sacranie BSc

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